

Thursday– We return to John’s Gospel chapter 4:5-42 and we read of Jesus’ interaction with the Samaritan woman at the well in Sychar, a village in Samaria. As you read this passage, take note of how the events stir emotions and/or memories in your own mind. As you note these emotions and memories, try to write them down, describing briefly the details behind your feelings and thoughts. After you have read the account and written out your thoughts, take some time in silence. Remember that God is with you and He loves you. He wants you to be fully reconciled to Him, healing, restoring, and removing all things from you that might hinder your relationship with Him. Now, ask God to guide you through those thoughts and feelings you wrote down and reveal to you what He thinks about them. Ask Him what He would like you to do with them and how you might respond to Him in spirit and in truth.

Friday– If you have been keeping a journal for these devotional exercises, take the time review the past week’s writings. Are there entries that were especially upbeat and praiseworthy? Are there particular entries that were low and difficult? Take note of these highs and lows and question God where he has been with you through these devotional weeks.

Is there anything specific that is on your heart or mind about these weeks that you’d like to say to God? Have you asked God what He thinks about your efforts in prayer, study, and reflection these past weeks? Is there a prayer or song or conversation that is rising from your heart?

Take the time to write out or type out a message of thanks and blessing to God about what He has been doing with you so far this Lenten Season. Now, is there a person who is coming to mind that God might want you to encourage? Write to them.

2017 Weekly Lenten Devotional Guide



Third Week of Lent (March 19-25, 2017)

Suggestions for your devotional weeks:

- ◆ Set aside a minimum of 30 minutes to work the reflection exercise.
- ◆ Purchase a small composition notebook to work in and journal your thoughts and prayers.
- ◆ Consider joining a group or starting a small group to work through the devotional exercises together in community.



940 Israel Rd. SW
Tumwater, WA 98501
(360) 943-0795

www.mountainviewlife.org

Prayer for the week: You may wish to begin and end your devotional time with this prayer.

Almighty God, you know that we have no power in ourselves to help ourselves; Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Scriptures for reading and reflection this week:

- Exodus 17:1-7
- Psalm 95
- Romans 5:1-11
- John 4:5-42

Daily Reflection Questions and Exercises:

Monday– Our first reading for consideration this week comes from Exodus 17:1-7. Before considering the text, familiarize yourself with the timeline of the Israelites as they are “rescued” by God from Egypt (preview the chapters 14-16).

What feelings and emotions are stirred as you now read about the Israelites in Ex. 17:1-7? Why do you think they responded in the way they did? Do you think they were justified in any way to be angry or outraged with Moses or God? Explain your answers.

Are there times in your life when you have been angry and hardened your heart against God because he did not perform or deliver in a way that you wanted? How did you resolve this attitude? What was your motivation for feeling angry with God in the first place? How do you think God responded to your anger? What did you learn from the encounter?

Tuesday– It is said that “presumption is a danger of receiving grace.” Also, privilege and favor can often lead one to a sense of entitlement. In today’s reading, we hear echoes of these warnings from the psalmist. The writer of Psalm 95 remembers the rebellion and hardness of heart illustrated in our text from Exodus 17:1-7. While our Psalm today starts out joyous and full of praise, there is a shift that occurs midway (verses 8-11).

“If only you would listen to his voice today” is a plea for the Israelites to soften their hearts toward God. However, it also serves as a reminder for us. As you read and reflect on this psalm today, consider also chapter three of the Book to the Hebrews (pay special attention to verses 7, 15, 18).

After spending time with these readings today, consider your attitudes and posture toward others, life in general, and toward God. Is there anything you are upset with, disillusioned or discouraged over? As you think about this, ask God what He might have to say in response to your thoughts and feelings.

What do you think the “place of God’s rest” feels like? (Ps 95:11)

Wednesday– Today we turn our attention to the Apostle Paul’s Letter to the Romans (Romans 5:1-11). This is a very significant passage, which introduces several very rich theological doctrines. There is the doctrine of justification, peace and hope in the midst of suffering, the indwelling assistance of the Holy Spirit, and the idea that spiritual character is developed through life’s trials and difficulty. Can you identify these teachings in this passage? Write out the verse numbers and beside each, describe the various doctrinal teachings (or big idea presented) that you identify. Are there any of these ideas that make you feel especially good and affirmed? How about ideas that make you feel not-so-good? Can you describe the reasons you feel good or otherwise in detail?